

## Newport District Office

☐ **WIChealth.org:**

Complete your WIC nutrition education online with **wichealth.org**. You're just a few clicks away from discovering ways to help keep you and your family healthy. Wichealth.org activities are easy and fun ways to get more information from a trusted source on a variety of topics many families face when parenting small children. Lots of families like these activities because they can be done at your convenience in the privacy of your own home. Check us out @ [www.wichealth.org](http://www.wichealth.org). **Your Household ID number to access the system is: \_\_\_\_\_.**

☐ **Baby Behavior Class:**

Babies are born with the ability to communicate. Babies use their bodies and make noises to let their parents and caregivers know when they need to eat, learn, play or rest. These are called cues. Understanding your baby better can help you feel less stressed and more confident. We will talk about hunger cues, infant sleep patterns and reasons for crying. We will also help you find solutions to common concerns.

**Newport State Building: Monday November 14, Monday December 12, Monday January 9. All run from 2:00-3:00.**

☐ **Breastfeeding - Preparing for Birth and the First Ten Days:**

Even though breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Join other pregnant women like you to learn about hospital practices that support breastfeeding and about signs that breastfeeding is going well. Dad and grandparents are welcome too!

**Newport State Building: Monday November 14, Monday December 12, Monday January 9. All run from 1:00 - 2:00.**

☐ **Healthy Baby Teeth = Happy Healthy Baby:**

When and how should I introduce solid foods to my baby? What should I do now to keep my baby's smile healthy? Join us to learn how to care for your child's teeth, to make your own baby foods with the foods you are already cooking for your family and what foods and drinks to avoid for healthy teeth. Receive free samples and an oral health assessment for your child. Remember, healthy teeth help your child to learn, play and grow.

**Newport State Building: Monday November 14. 1:00-2:00. Monday December 12. 1:00-2:00.**

☐ **Story Time:**

Listening to stories stimulates children's brains and their imagination. This is a fun, interactive story time where children will play, listen, share and learn at a local library. Explore the library while you're there.

**Haskell Library, Derby Line: Friday November 4. 9:45-10:45.**

**Goodrich Memorial, Newport: Wednesday December 7. 10:30-11:30.**

**Dailey Library, Derby: Tuesday January 17. 10:30-11:30.**

☐ **Oral Health Class @ Playworld**

New experiences are a big deal for kids. Join us as we read books about going to the dentist and teach your child how to keep their smile healthy. This helps to communicate what to expect and can help relieve anxiety about going to the dentist for your little one and you. Receive free samples and an oral health assessment for your child. Healthy teeth help your child to learn, play and grow.

**COFEC, Barton: Friday December 9, Friday January 6<sup>th</sup>. Both run from 9:30 – 11:30.**